

FOR IMMEDIATE RELEASE

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SNAP Recipients Will See Decreased Federal Benefits Nov. 1

Lincoln – Increased federal benefits to recipients in Nebraska’s Supplemental Nutrition Assistance Program – formerly known as the food stamp program – provided by the American Recovery and Reinvestment Act of 2009 will expire Nov. 1, according to Thomas Pristow, director of Children and Family Services in the Department of Health and Human Services.

Benefits increased slightly for most households on Oct. 1 to reflect the costs of living. However, most families will see their benefits decrease Nov. 1, due to the end of the extra benefits provided by the 2009 law.

The amount of SNAP benefits each eligible household receives depends on many things, such as income, household size and expenses, Pristow said. On Nov. 1, a family of four with no income and no other changes to their case, will see a decrease in their monthly benefits of \$36.

SNAP Maximum Monthly Benefit Levels:

Household Size	Oct. 1, 2013	Nov. 1, 2013	Difference
1	\$200	\$189	-\$11
2	\$367	\$347	-\$20
3	\$526	\$497	-\$29
4	\$668	\$632	-\$36
5	\$793	\$750	-\$43
6	\$952	\$900	-\$52
7	\$1,052	\$995	-\$57
8	\$1,202	\$1,137	-\$65
Each additional person	\$150	\$142	-\$8

The U.S. Department of Agriculture provides several resources to help people eat healthy meals on a low budget including:

- 10-Tips Nutrition Series (<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>)
- ChooseMyPlate.gov (<http://www.choosemyplate.gov/>)
- Plan, Compare and Prepare (<http://blogs.usda.gov/2013/03/28/healthy-eating-on-a-budget/>)
- Eat Right When Money's Tight. (<http://snap.nal.usda.gov/resource-library/eat-right-when-moneys-tight>)
- The USDA Recipe Box (<http://www.fns.usda.gov/fncs-recipe-box>) helps people find healthy low-cost recipes and create cookbooks and shopping lists.

In Nebraska, 181,484 people currently participate in the program, he said.